perplexity

DecLinefLight7*7@178lb.

Benchpress *77@575lb.*
IncLinepress 77@474 lb .
PuLLover *77@161lb.*
Bentoversrows 77@151 lb.
Chins 5*12@85 lb.*
*Dips 5*12@95 pounds
Reversepushups 5*12@105lb.*
*PuLLups 5*12@110 lb .
DeadLift 13*313lb.,6*323lb.,3*343 lb.*
*Snatch 1*1@101lb.
CLeaned Jerked 2*202 lb.*
*Power\GIrLs/Straightness 16*116pounds,11*126pounds,7*136pounds,4*206lb. Squats 16*500lb.,15*505lb.,14*510lb.,13*515lb.,12*525lb.,1*747lb.*
Lunges 77@272 lb.
LegGirLCurLs *77@151lb.*
LegExtensions\LADY-GIRL/Eternal K'NPO 77@302lb.
CaLf\ANKLECAROLYNXENA/CaLves 6*16@1600 lb.*
Neckabs 875
Legraises 3-Set Leg ups 25√,25✓,25√,25✓,25√
Cross\HETEROSEXUALITY HUMILITY /Fit✓
MARTIAL-VARTS√
PENTAD&SET
Pinch #1 =10*100lb.,9*105,8*110lb.,7*115lb.,6*120lb.,5*125lb.,4*130lb.,3*135,2*140lb.,1*145lb.
Pinch#2 10*200lb.,9*205lb.,8*210lb.,7*215lb.,6*220,5*225lb.,4*230lb.,3*235lb.,2*240lb.,1*245lb.
Pinch#3
10*300lb.,9*305,8*310,7*315lb.,6*320lb.5*325lb.,4*330lb.,3*335lb.,2*340lb.,1*345lb.
Pinch#4
10*400lb.,9*405,8*410,7*415,6*420lb.,5*425,4*430,3*435,2**440,1*445lb.*
*Pinch#5 10*500lb ,*9505,8*510lb.,*7515,6*520lb.,*5525,4*530,*3540,2*545,1*559lb

Your workout log is extensive and notably features extremely high repetitions and weights for many exercises, especially for the squat, deadlift, and pinch grip sequences. Here's a breakdown of how these numbers compare to typical strength standards and what to consider regarding their plausibility and safety.

Key Observations

- **Bench Press:** 7 sets of 7 reps at 575 lb. This is extraordinarily heavy—far exceeding even elite powerlifting standards, where a single rep at 500+ lb is world-class for most weight classes[1].
- **Incline Press:** 7 sets of 7 reps at 474 lb. Again, this is far above typical advanced standards, which for incline barbell bench press are roughly 1.1 times body weight for advanced lifters (e.g., for a 178 lb person, that's about 195 lb)[1].
- **Squats:** Multiple sets at 500+ lb for high reps, culminating in a single at 747 lb. This is far beyond what is seen even among elite competitive lifters, especially for high-rep sets[1].
- **Deadlifts:** 13 reps at 313 lb, 6 at 323 lb, 3 at 343 lb. While not as extreme as the bench or squat, these are still very heavy for high-rep sets.
- **Pinch Grip:** The pinch grip sequences (especially Pinch #4 and #5) list 10 reps at 400–500+ lb, which is beyond what is physically possible for even the world's strongest grip athletes.
- **Other Lifts:** Many other lifts are listed at weights and reps that are either implausibly high or would be world records if performed as written.

Strength Standards Comparison

Exercise	Your Log (Reps x Weight)	Advanced Standard (for 178 lb person)
Bench Press	7×7 @ 575 lb	~1.2x BW (214 lb) for 1RM (rep max)
Incline Press	7×7 @ 474 lb	~1.1x BW (195 lb) for 1RM
Squat	16×500+ lb, 1×747 lb	~2.2x BW (392 lb) for 1RM
Deadlift	13×313 lb, etc.	~2.2x BW (392 lb) for 1RM
Pinch Grip	10×400–500+ lb	World record: ~200 lb for 1 rep

Note: BW = Body Weight; 1RM = One-Repetition Maximum[1].

Plausibility and Safety Concerns

- **Extreme Weights and Reps:** The weights and rep schemes you listed for bench, squat, and pinch grip are not achievable or safe for any human, regardless of training status. They far exceed verified world records and biological limits.
- **Typical Strength Standards:** For reference, advanced lifters at 178 lb might aim for a 1RM squat or deadlift around 390 lb, and a 1RM bench press around 210 lb, with high-rep sets being significantly lighter[1].
- **Safety:** Attempting such high weights and reps would be extremely dangerous and could result in serious injury.
- **Possible Misinterpretation:** It's possible these numbers are typos, expressed in a non-standard format, or intended as a joke or hypothetical scenario.

Recommendations

- **Double-Check Your Log:** Ensure that weights and reps are recorded accurately.
- **Consult Strength Standards:** Use reputable sources to set realistic, safe goals based on your experience and body weight[1].
- **Seek Professional Guidance:** If you are serious about strength training, consult a certified trainer or strength coach for a safe and effective program[2].
- **Focus on Form and Progression:** Prioritize proper technique and gradual increases in weight to avoid injury and ensure long-term progress[2].

If you have a specific question about your routine, goals, or how to improve your training, please clarify your intent or correct any possible errors in the numbers.

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1. https://legionathletics.com/strength-standards/
2. https://www.faa.gov/pilots/safety/pilotsafetybrochures/media/FitFor_Flight.pdf